

# Math, Productivity, Happiness & Decision-making

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Wednesdays, 5:00–6:00pm, 740 Evans
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Feb 29      **Andrew Critch**, Berkeley (math)

*Coordinatizing emotion-space (and feeling it)*

The influence of our abstract reasoning on our behavior factors heavily through our brains' emotional systems, and so understanding how our own emotions work is key to turning thought into action. How can we begin? By choosing coordinates! Neuro-anatomical studies (Panksepp et al) suggest that most mammals exhibit biological mechanisms for what we would call *fear*, *loss*, *rage*, *seeking*, *caring*, *lust* and *play*. Cross-cultural facial recognition studies (Ekman et al) add two more to the list for humans: *surprise* and *disgust*. Starting with these, we want to improve our ability to recognize emotions in ourselves and others, to know how they work, and what we can do with them.